

FOR FAMILIES • MARCH 21

21 Ways to Celebrate 3.21

Big or small, loud or quiet — there's no wrong way to show up. Pick one, pick five, or go for all 21. Check them off as you go!

ROCK

SHARE

DISPLAY

CREATE

BELONG & GIVE

1

Rock Your Socks

☐

Everyone in the family wears mismatched, wild, or wacky socks on 3.21.

2

Sock Swap Breakfast

☐

Trade one sock with each person at the table. Instant mismatch!

3

Go Blue & Yellow

☐

Wear the colors of World Down Syndrome Day from head to toe.

4

Post Your Sock Photo

☐

Line up everyone's feet, snap a pic, and share it with #Celebrate321.

5

Learn One Thing

☐

Read the Learn One Thing fact sheet together. Everyone shares one fact.

6

Read a Story Together

☐

Find a picture book with a character who has Down syndrome. Ask your librarian!

7

Share a Story

☐

Love someone with Down syndrome? With their okay, share what makes them awesome.

8

Send a 3.21 Hello

☐

Text or call a friend with Down syndrome (or their family): "Thinking of you today!"

9

Hang a Window Sign

☐

Let your whole street know your family is showing up for 3.21.

10

Chalk the Walk

☐

Cover the driveway in socks, hearts, and big "3.21"s in sidewalk chalk.

11

String a Sock Garland

☐

Clip mismatched socks along a string across your porch, window, or mantel.

12

Design a Fun Sock

☐

Draw your dream sock on the Create Your Own Fun Sock page, then share it.

13

Play Sock Match-Up

☐

Race to match 21 pairs — and watch out for the sneaky extra sock.

14

Try the 3 × 21 Challenge

☐

Pick 3 moves and do 21 of each: jumping jacks, spins, high-fives.

15

21-Minute Dance Party

☐

Crank up the music and dance for 21 minutes straight. Silly moves encouraged.

16

Bake a Batch of 21

☐

Make 21 blue-and-yellow cookies or cupcakes and share them with neighbors.

17

Kids Activity Pack

☐

Color, solve, and play your way through puzzles all about 3.21.

18

Make Room at the Table

☐

Invite someone new to play, sit with you at lunch, or join your game.

19

Invite Your People

☐

Ask your school, job, church, or favorite local shop to Show Up for 3.21.

20

21 Acts of Kindness

☐

Can your family do 21 kind things in one day? Keep a tally on the fridge.

21

Give \$3.21

☐

If you'd like, give \$3.21, \$32.10, or \$321 to Celebrate 3.21 or a local Down syndrome group.

____ / 21

How many did your family do? Share your count (and your socks!) with

#Celebrate321

